

National Women’s Health Week
Empowering Women, Cultivating Health:
“Celebrating Wellness, Voices,
and Resilience!”



Semana Nacional de la Salud de la Mujer
“¡Empoderando a las mujeres, cultivando
la salud: Celebrando el bienestar,
las voces y la resiliencia!”

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VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

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<http://www.vhca.org/ph>

“Empowering Women, Cultivating Health: Celebrating Wellness, Voices, and Resilience” National Women’s Health Week - May 12-18, 2024

Every year in the month of May and beginning on Mother’s Day, the U.S. Department of Health and Human Services’ Office on Women’s Health leads **National Women’s Health Week (NWHW)**. This year, it takes place **May 12 – 18th**. The celebration aims to highlight women’s health issues and encourage women of all ages to make their physical, mental, and emotional well-being a priority!

This year’s theme, **“Empowering Women, Cultivating Health: Celebrating Wellness, Voices, and Resilience,”** is committed to empowering women to take charge of their health journeys. It celebrates the strength and determination of women who have taken control of their health. It fosters an environment where all women feel supported and empowered to speak up about their wellness needs and concerns. It encourages women to engage in healthy lifestyle practices, access preventive care, and share their own health experiences to inspire others!



Each day of the week spotlights a different women’s health topic. Below are a few examples of some of the important messages:

Day 1, Sunday, May 12th – Empowering Women in Their Health Journey: Be your own advocate! Speak up for yourself when dealing with your health issues. Write down what’s been bothering you, any questions you have, and what you want to get out of your visit. If something your health care provider says doesn’t make sense, ask for clarification, or it can sometimes be helpful to see another health care provider for a second opinion.

Day 4, Wednesday, May 15th – Talk About It, Reducing Women’s Health Stigma: It’s time to get real about women’s health! We all have a role in fighting the stigma and supporting women who may feel alone or embarrassed about what are normal experiences related to their own health. Talking about the real issues helps us all learn more and feel more comfortable. It changes how we think about them. From mental health conditions to breast cancer, each has its challenges, but understanding and support can make a big difference, help break down barriers, and build a more supportive community.

Day 5, Thursday, May 16th – Understanding Care Is There: Prevention is key! Regular and ongoing care such as medical checkups, screenings, and vaccinations, and a healthy diet, physical activity, quality sleep, finding the right primary care provider, and getting ready for health care visits, are all key steps to keeping yourself in the best health possible. Routine appointments with your doctor can help catch health concerns early or even prevent them before they start. It’s a proven fact that taking an active role in your own health care is one of the best things you can do for your long-term health!

Day 7, Saturday, May 18th – Women and Heart Health: Heart disease is the leading cause of death for women. It is also important to note that heart disease affects women of color at higher rates, with Black women facing the highest risk of any group of women and Hispanic women often experiencing heart-related problems earlier in life. Prevention is possible! Up to 80% of heart attacks and strokes can be prevented. Lifestyle changes that include a well-balanced nutritious diet, daily physical activity, quitting smoking, managing stress, and regular checkups with your doctor can substantially help reduce your risk!

This May, support **National Women’s Health Week** and help uplift its theme: **“Empowering Women, Cultivating Health: Celebrating Wellness, Voices, and Resilience!”** Together we can do our part to encourage and empower women on their health journey and pathway to a more sustainable, resilient, and enhanced quality of life!

Find other tools and information to help celebrate National Women’s Health Week using the following resources:

- <https://www.womenshealth.gov/nwhw>
- <https://wicworks.fns.usda.gov/topic/health-observances/national-womens-health-week>

For more information, including, health screenings, classes, and community activities, visit:
<http://vchca.org/chronic-disease-prevention-program>

“Empoderando a las mujeres, cultivando la salud: Celebrando el bienestar, las voces y la resiliencia” Semana Nacional de la Salud de la Mujer - 12-18 de mayo de 2024

Cada año, en el mes de mayo y empezando con el Día de la Madre, la Oficina de Salud de la Mujer del Departamento de Salud y Servicios Humanos de EE.UU. organiza **la Semana Nacional de la Salud de la Mujer (NWHW, por sus siglas en inglés)**. Este año se celebra del **12 al 18 de mayo**. ¡El objetivo de esta celebración es poner de relieve los problemas de salud de la mujer y animar a las mujeres de todas las edades a dar prioridad a su bienestar físico, mental y emocional!

El tema de este año, **“Empoderando a las mujeres, cultivando la salud: Celebrando el bienestar, las voces y la resiliencia”**, se compromete a empoderar a las mujeres para que tomen control de su salud. Celebra la fuerza y la determinación de las mujeres que han tomado control de su salud. Fomenta un entorno en el que todas las mujeres se sienten apoyadas y capacitadas para hablar de sus necesidades y preocupaciones en materia de bienestar. Anima a las mujeres a adoptar hábitos de vida saludables, a acceder a la atención preventiva y a compartir sus propias experiencias en materia de salud para inspirar a otras.



Cada día de la semana se centra en un tema distinto de la salud de la mujer. A continuación, figuran algunos ejemplos de mensajes importantes:

Día 1, domingo 12 de mayo - Capacitar a las mujeres en su viaje hacia la salud: ¡Sé tu propia defensora! Habla por sí misma cuando tengas problemas de salud. Escribe lo que te preocupa, las preguntas que tienes y lo que quieres conseguir de tu visita. Si algo de lo que te dice tu proveedor de atención de salud no tiene sentido, pídele que te lo aclare o, a veces, puede ser útil consultar a otro proveedor de atención de salud para obtener una segunda opinión.

Día 4, miércoles 15 de mayo - Hablemos, reduzcamos el estigma de la salud de la mujer: ¡Es hora de hablar claramente sobre la salud de la mujer! Todos tenemos un papel en la lucha contra el estigma y el apoyo a las mujeres que pueden sentirse solas o avergonzadas por lo que son experiencias normales relacionadas con su propia salud. Hablar de los problemas reales nos ayuda a todos a aprender más y a sentirnos más cómodos. Cambia nuestra forma de pensar sobre ellos. Desde los problemas de salud mental hasta el cáncer de mama, cada uno tiene sus retos, pero la comprensión y el apoyo pueden marcar una gran diferencia, ayudar a derribar barreras y construir una comunidad más solidaria.

Día 5, jueves 16 de mayo - Entender que el cuidado de salud existe: La prevención es la clave. El cuidado regular y continuo, como las revisiones médicas, las pruebas de detección y las vacunas, así como una dieta sana, la actividad física, el sueño de calidad, la búsqueda del proveedor de atención primaria adecuado y la preparación para las visitas médicas, son pasos clave para mantenerse en el mejor estado de salud posible. Las visitas rutinarias al médico pueden ayudar a detectar precozmente los problemas de salud o incluso a prevenirlos antes de que aparezcan. Está demostrado que desempeñar un papel activo en el cuidado de su propia salud es una de las cosas mejores que puede hacer por su salud a largo plazo.

Día 7, sábado 18 de mayo - La mujer y la salud del corazón: Las enfermedades del corazón son la causa principal de muerte entre las mujeres. También es importante señalar que las cardiopatías afectan en mayor medida a las mujeres de color, siendo las mujeres negras las que corren un mayor riesgo y las hispanas las que suelen sufrir problemas relacionados con el corazón a una edad más temprana. ¡La prevención es posible! Hasta el 80% de los ataques cardíacos y los accidentes cerebrovasculares pueden prevenirse. Los cambios en el estilo de vida, que incluyen una dieta equilibrada y nutritiva, actividad física diaria, dejar de fumar, controlar el estrés y revisiones periódicas con el médico, pueden ayudar a reducir considerablemente el riesgo.

Este mes de mayo, apoye **la Semana Nacional de la Salud de la Mujer** y contribuya a realzar su lema: **“Empoderando a las mujeres, cultivando la salud: Celebrando el bienestar, las voces y la resiliencia”**. Juntos podemos poner de nuestra parte para animar y empoderar a las mujeres en su camino hacia una calidad de vida más sostenible, resistente y mejorada.

Encuentre otras herramientas e información que le ayudarán a celebrar la Semana Nacional de la Salud de la Mujer utilizando los siguientes recursos:

- <https://www.womenshealth.gov/nwhw>
- <https://wicworks.fns.usda.gov/topic/health-observances/national-womens-health-week>

Para obtener más información, incluidos exámenes de salud, clases y actividades comunitarias, visite: <http://vchca.org/chronic-disease-prevention-program>

May / Mayo 2024

Seated Tai Chi for Arthritis Tai Chi en silla para personas con artritis

Relaxation and Pain Management *Relajación y manejo de dolor*



Seated Tai Chi
Active Adult Center
Fillmore

Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
5/6- 5/20	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
5/6- 5/20	Mondays	Seated	Oxnard	Wilson Senior Center 350 N. C Street	9:30- 10:00AM
5/9- 5/30 No class on 1st Thursday	Thursdays	Seated	Oxnard	Palm Vista Senior Center 801 S. C Sreet	10:30- 11:00 AM

To learn more about how to participate or host an activity for your community, please call (805) 981-6634.

Early Detection - Free Health Screens Blood pressure checks

Promoting Health & Wellbeing *Promoción de la salud y el bienestar*



Health Screening at
Vineyard Church
in Port Hueneme

Free Health Screenings

Exámenes de salud gratuitos

Date	City	Location	Hours
5/2 Thursday	Oxnard	Farmer's Market 519 S. C street	9:00 AM - 1:30 PM
5/3 Friday	Santa Paula	Rodney Fernandez Apartments 955 N. Ventura Avenue	8:00 - 10:00 AM
5/15 Wednesday	Port Hueneme	Vineyard Church 415 Pearson Rd	1:00 - 4:00 PM
5/17 Friday	Ventura	Red Barn Market 955 N. Ventura Avenue	1:00- 3:00 PM

Get Fit! Zumba® Classes

Promoción de actividad física

May / Mayo 2024

Exercising in a group is fun!

¡El ejercicio en grupo es divertido!

“Dancing makes us feel good!”



Zumba® at Westpark Community Center, Ventura

GET FIT! Classes

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
Ongoing	Wednesdays and Thursdays Except 1st Wednesday	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
Ongoing	Saturdays	Zumba®	Oxnard	Nyeland Community Center 3334 Santa Clara Avenue	9:00- 10:00 AM

Open to the public. Lead by licensed instructor Maria L Peña & Esther Cárcamo.
To learn more about how to participate or host an activity for your community, please call (805) 981-6634.

Abierto al público. Dirigido por una instructora con licencia Maria L Peña & Esther Cárcamo
Para aprender más sobre como participar o hospedar una actividad para su comunidad, llame a (805) 981-6634.

May / Mayo 2024

Promoting Health & Wellbeing *Promoción de la salud y el bienestar*

Earth Day Community Event at
Camino Del Sol Community Garden
in Oxnard



Events:

Date	Activity	Time	Location	Contact Information
5/11 Saturday	Family Summit: Resource Fair	12:00 PM- 2:00 PM	Del Sol High School 1825 Camino Del Sol, Oxnard, CA 93030	Jose Ortega (805) 981-6659
5/20 Monday	Wellness & Resource Fair	1:00PM- 1:40pm	Filmore High School 555 Central Ave, Fillmore, CA 93015	Jose Ortega (805) 981-6659

open to the public

abierto al público

Youth Nutrition Workshops

Talleres de nutrición para jóvenes

Live a Healthy Lifestyle *Vive un estilo de vida saludable*

Healthy Recipe Tasting at
Rio Plaza Elementary School
in Oxnard



Workshops:

Date	Activity	Time	Location	Contact Information
5/3 Friday	Go Kids Club!: <i>Healthy Snacking and Physical Activity</i>	3:00- 3:40 PM 3:40- 4:20 PM	Piru Elementary School* 3811 Center St, Piru, CA 93040	Jose Ortega (805) 981-6659
5/17 Friday	Go Kids Club!: <i>Healthy Snacking and Physical Activity</i>	3:00- 3:40 PM 3:40- 4:20 PM	Rio Del Mar School* 3150 Thames River Dr, Oxnard, CA 93036	Jose Ortega (805) 981-6659

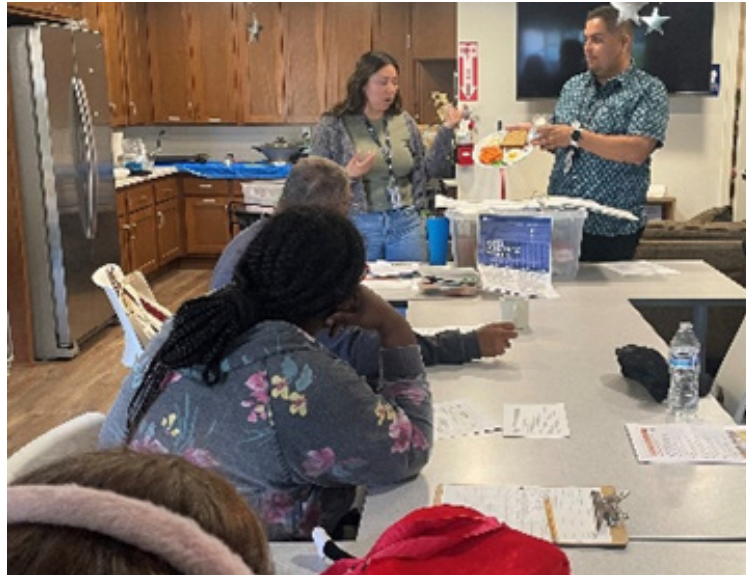
* Not open to the public

*No abierto al público

Live a Healthy Lifestyle

Vive un estilo de vida saludable

My Plate Visual at Ormond Beach Villas in Oxnard



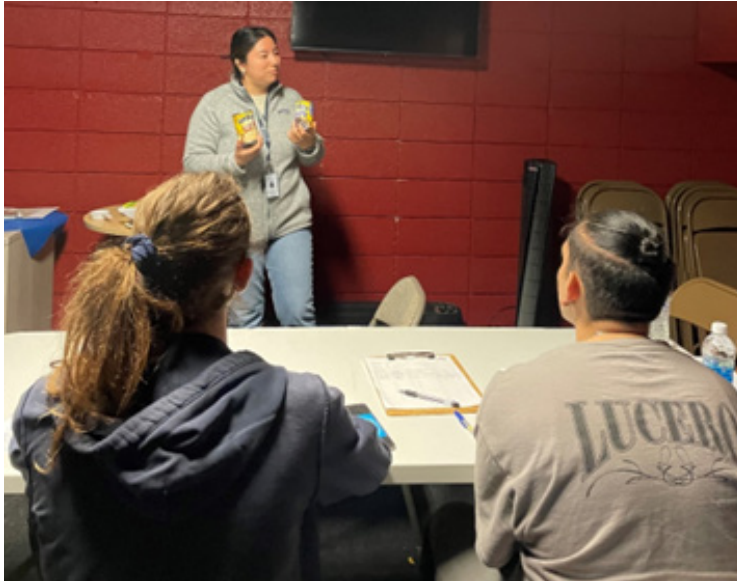
Workshops:

Date	Activity	Time	Location	Contact Information
5/1 Wednesday	A Healthier You <i>Nutrition and Physical Activity</i>	8:15 AM-9:00 AM	Thelma Bedell Elementary school 1305 Laurel Rd, Santa Paula, CA 93060	Jose Ortega (805) 981-6659
5/2 Thursday	A Healthier You <i>Nutrition and Physical Activity</i>	5:30 PM-6:30 PM	Blanchard Elementary School 115 N Peck Rd, Santa Paula, CA 93060	Jose Ortega (805) 981-6659
5/9 Thursday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	8:10 AM-9:00 AM	McKevett Elementary School 955 E Pleasant St, Santa Paula, CA 93060	Jose Ortega (805) 981-6659
5/16 Thursday	Enjoy Healthy Foods That Taste Great <i>Nutrition and Physical Activity</i>	4:30 PM-5:30 PM	Green Valley Catalyst Kids 170 N Juanita Ave, Oxnard, CA 93030	Jose Ortega (805) 981-6659
* Not open to the public			*No abierto al público	

May / Mayo 2024

Live a healthy lifestyle

Vive un estilo de vida saludable



Reviewing Nutrition Fact Labels
D street Apartments and Pepper Tree Apartments
in Oxnard and Simi Valley

Workshops:

Date	Activity	Time	Location	Contact Information
5/21 Tuesday	Enjoy Healthy Foods that Taste Great <i>Nutrition and Physical Activity</i>	8:30 AM - 9:30 AM	Grace Thille Elementary School* 1144 E Ventura St, Santa Paula, CA 93060	Jose Ortega (805) 981-6659
5/29 Wednesday	Fresh from the garden: Summer Squash <i>Nutrition and Garden Education</i>	6:30PM - 7:30 PM	Foster Families* 4667 Telegraph Rd, Ventura, CA 93003	Jose Ortega (805) 981-6659
5/30 Thursday	A Healthier You <i>Nutrition and Physical Activity</i>	6:00 PM - 7:00 PM	Hueneme Elementary School* 354 N 3rd St, Port Hueneme, CA 93041	Jose Ortega (805) 981-6659
5/31 Friday	A Healthier You <i>Nutrition and Physical Activity</i>	8:15am-9:00am	Kamala Elementary School* 634 W Kamala St, Oxnard, CA 93033	Jose Ortega (805) 981-6659

* Not open to the public

*No abierto al público

May / Mayo 2024

Garden-Based Education

Educación de Jardín

Pre-school Nutrition Workshops

Gus Good Food Nutritioni Workshop and planting activity with seedlings at MAOF Preschool in Santa Paula



Workshops:

Date	Activity	Time	Location	Contact Information
5/14 Friday	Gus Good Food Nutrition Workshop	9:30- 10:30 AM	South Oxnard Catalyst Kids* 200 E Bard Rd, Oxnard, CA 93033	Jose Ortega (805) 981-6659
* Not open to the public			*No abierto al público	

Healthy Retail

Healthy Eating

Healthy Retail Program

Programa de venta saludable

Partnering with local retailers that promote "locally grown produce!"

Healthy Recipe Tasting
La Flor De Mayo
Oxnard



Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
5/22 Wednesday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	La Flor De Mayo 733 Copper Rd, Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

Changes may occur without prior notice.

Cambios pueden suceder sin previo aviso.

Healthy Retail Program

Strawberry Mint Infused Water

Refresh Better & Rethink Your Drink!

Healthy recipe made with fresh fruits and vegetables.

Makes 6 servings:

1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 1/2 cup fresh strawberries, sliced
- 1 sprig of mint



Preparation:

1. Fill pitcher halfway with ice
2. Add sliced strawberries and mint
3. Fill with water. Chill for at least 30 minutes before serving
4. Store in refrigerator and drink within 24 hours.



¡Refréscate mejor y Piensa bien lo que tomas!

Receta saludable de agua con sabor a frutas y verduras.

Rinde 6 porciones:

1 taza por porción.

Tiempo de preparación:

5 minutos

Ingredientes:

- 1/2 taza de fresas frescas, en rodajas
- 1 ramita de menta



Preparación:

1. Llene media jarra con hielo
2. Agregue fresas en rodajas y menta
3. Llene con agua. deje enfriar por lo menos 30 minutos antes de servir
4. Guarde en el refrigerador y tome dentro de 24 horas



Agua de Fresa y Menta

Chickpea Salad with Tomatoes and Cucumber



Makes 4 servings
Serving size: 1 cup

Nutrition information per serving:

Calories: 168	Fiber: 6 g
Total fat: 4.5 g	Sodium: 48 mg
Saturated fat: 0.5 g	Protein: 7 g
Carbohydrates: 25 g	

DIRECTIONS

Before you begin: Wash your hands.

- 1) Add all the ingredients into a large bowl.
- 2) Stir to combine and serve.

<https://recipes.heart.org/en/recipes/chickpea-salad-with-tomatoes-and-cucumber>

INGREDIENTS

- 15.5 oz canned, no-salt-added or lower-sodium chickpeas (garbanzo beans), drained, rinsed
- 1 cup chopped, fresh tomatoes (any type)
- 1 cucumber (chopped)
- 2 stalk celery (chopped)
- 1/4 small red or yellow onion (sliced)
- 1/2 cup chopped, fresh cilantro
- 1 Tbsp extra virgin olive oil or canola
- 1/2 Tbsp balsamic vinegar or lemon juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon sweet paprika

Ensalada de Garbanzos con Tomate y Pepino



<https://recipes.heart.org/en/recipes/chickpea-salad-with-tomatoes-and-cucumber>

INGREDIENTES

- 15.5 onzas de garbanzos en lata, sin sal añadida o bajos en sodio, escurridos y enjuagados
- 1 taza de tomates frescos picados (de cualquier tipo)
- 1 pepino (picado)
- 2 tallos de apio (picados)
- 1/4 cebolla pequeña roja o amarilla (en rodajas)
- 1/2 taza de cilantro fresco picado
- 1 cucharada de aceite de oliva virgen extra o canola
- 1/2 cucharada de vinagre balsámico o jugo de limón
- 1/2 cucharadita de comino molido
- 1/4 cucharadita de pimentón dulce

Rinde 4 porciones

Tamaño de la porción: 1 taza

Información nutricional por porción:

Calorías: 168

Fibra: 6 g

Grasa Total: 4.5 g

Sodio: 48 mg

Grasa Saturada: 0.5 g

Proteína: 7 g

Carbohidratos: 25 g

INSTRUCCIONES

Antes de empezar: Lávese las manos.

- 1) Agrega todos los ingredientes en un tazón grande.
- 2) Revuelva para combinar y sirva.

Partnership for a Healthy Ventura County

May / Mayo 2024



LIVE WELL
Ventura County
Healthy Eating • Active Living

The **Partnership for a Healthy Ventura County** is a coalition that includes a wide range of community organizations and individuals, including businesses, schools, non-profits, local government and networks seeking to improve the health of Ventura County residents, policies, and community endeavors. We share the vision that Ventura County will be the national model for healthy eating, active living, and community wellbeing. We promote community and personal changes that lead to healthy eating and regular exercise to reduce obesity and related chronic diseases.

Our next quarterly meeting is scheduled to take place in person on Thursday, June 27, 2024, at 9:00am at Ventura County Public Health 2220 E. Gonzales Rd., EMS Suite 200 B Conference Room, Oxnard, CA 93036

For more information, please contact:

Eddie Munizich at (805) 981-6650

or at Eddie.Munizich@ventura.org
website: <http://livewellvc.org/>

HARVEST OF THE MONTH

Avocado-Chimichurri Steak With Grilled Asparagus



<https://recipes.heart.org/en/recipes/avocado-chimichurri-steak-with-grilled-asparagus>

Makes: 6 servings; Serving Size: 3 oz. beef and 1/2 cup asparagus.

Ingredients:

- 2 tablespoons chili powder
- 1 tablespoon garlic powder
- 1/4 teaspoon salt
- 1 1/2 pounds top round steak, all visible fat discarded
- 3/4 cup finely chopped fresh cilantro
- 1/2 cup finely chopped fresh parsley
- Zest of 2 medium lemons
- Juice of 1 medium lemon and juice of 1 medium lemon, divided use
- 1 tablespoon canola or corn oil and 2 tablespoons canola or corn oil, divided use
- 1 medium fresh jalapeño, seeds and ribs discarded, finely chopped
- Cooking spray
- 1 small avocado, halved, pitted, and diced
- 3 bunches asparagus spears, trimmed

Directions:

Before you begin: Wash your hands.

1. In a small bowl, stir together the chili powder, garlic powder, and salt. Put the beef on a large platter. Using your fingertips, gently press the mixture so it adheres to both sides of the beef. Let stand for 1 hour.
2. Meanwhile, in a small glass bowl, stir together the cilantro, parsley, juice of 1 lemon, 1 tablespoon oil, and the jalapeño. Gently stir in the avocado. Stir in the remaining juice of 1 lemon. Set aside.
3. When the beef is almost ready, lightly spray the grill with cooking spray. Preheat the grill on medium high.
4. Grill the beef for 3 to 5 minutes on each side (depending on its thickness), or until an instant-read thermometer inserted in the center reaches 125°F (rare) to 135°F (medium rare). The beef may need to be turned over occasionally so the rub doesn't burn. Remove the beef from the grill. Let stand on a large cutting board under a tent of aluminum foil.
5. Drizzle the remaining 2 tablespoons oil over the asparagus. Place the asparagus perpendicular to the grill grates or in a grilling basket. Grill for 7 minutes, or until tender-crisp.
6. Transfer the asparagus to a separate large platter. Sprinkle the lemon zest over the asparagus.
7. Thinly slice the beef diagonally across the grain. Arrange on the asparagus.
8. Spoon the sauce over the beef.

Nutrition Per Serving: Calories, 328g Total Fat 17.5g
(3.5 g Saturated Fat), 32 g Protein, 15 g Carbohydrates,
8 g Dietary Fiber, 163 mg Sodium

A SNAPSHOT

DIABETES
IN THE UNITED STATES

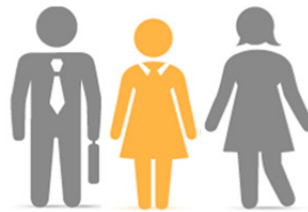
DIABETES



34.2 million people have diabetes



of California adults (55%) have either prediabetes or diabetes



1 OUT OF 3
YOUNG ADULTS
has prediabetes

WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



LOSE WEIGHT IF NEEDED



EAT HEALTHY



BE MORE ACTIVE

You can **manage** diabetes



WORK WITH A HEALTH PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

The Chronic Disease Prevention Program offers free Diabetes Prevention workshops to help you create healthy habits, manage your health, and get support. For in-person and telephonic workshops call or text us at (805) 765-7463.

PANORAMA GENERAL

LA DIABETES EN LOS ESTADOS UNIDOS

DIABETES

34.2
MILLONES

34.2 millones de personas tienen diabetes



1 de cada 3 adultos tiene prediabetes

¿QUÉ PUEDE HACER?

Usted puede **prevenir** o **retrasar** la diabetes tipo 2



BAJE DE PESO SI LO NECESITA



COMA ALIMENTOS SALUDABLES



HAGA MÁS ACTIVIDAD FÍSICA



TRABAJE CON UN PROFESIONAL DE LA SALUD



COMA ALIMENTOS SALUDABLES



MANTÉNGASE ACTIVO FÍSICAMENTE

El Programa de Prevención de Enfermedades Crónicas ofrece talleres gratuitos de Prevención de la Diabetes para ayudarlo a crear hábitos saludables, controlar su salud y obtener apoyo. Para talleres en persona y telefónicos llámenos o envíenos un mensaje de texto al (805) 765-7463.

Chronic Disease Prevention Program publishes this monthly Events Calendar to encourage healthy active living through physical activity and healthy eating in all communities of Ventura County. Educational opportunities are free of cost and available to residents, families and communities who are ready to lead healthier lives.

For more information, please contact:

Eddie Munizich Eddie.Munizich@ventura.org

Get Fit Classes

Community physical activity classes

Walking Clubs

Assistance with forming a walking club in the community

Evidence-Based Educational Workshops

CDC's National Diabetes Prevention Program (DPP) T2 for people with prediabetes

The program runs for 1 year. During the first 6 months of the program, you will meet once a week. During the second 6 months, you'll meet once or twice a month.

Tomando Control de Su Salud

- Un programa de 6 semanas

Chronic Disease Self-Management Program

- 6 week program

Diabetes Self-Management

- 6 week program

Manejo Personal de Su Diabetes Tipo 2

- Un programa de 6 semanas

For more information, please contact:

Deanne Morales Deanne.Morales@ventura.org

CalFresh Healthy Living Program provides nutrition education classes, train-the-trainer nutrition workshops, and cooking and physical activity demonstrations to promote informed food choices and healthier lifestyles.

Rethink Your Drink

Urges everyone to choose refreshing water to quench their thirst instead of sugary drinks. The goal of the initiative is to reach all residents and organizations in Ventura County to increase the consumption of and access to healthy beverages.

Community & School Garden Support

Offers support and education to families and educators growing their own vegetables and fruits at their local community gardens and schools.

For more information, please contact:

Jose Ortega

Jose.Ortega@ventura.org



Participants at the Palm Vista Senior Center in Oxnard completed the Tomando Control class series cohort that reinforces healthy living with chronic conditions.